The Most Important Plant-Based Food Families in PubMed

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The PubMed Rainbow of Foods!

The Most Important Plant-Based Food Families in PubMed

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Combining a Food-Diet-Nutrition hedge that we have developed with all the plant families in MeSH, we have been able to determine which families have the most food-related articles in PubMed. The ranking of families starts in the left column. Not surprisingly, the top three families are beans, grains and potatoes-tomatoes. After that you may see some surprises.

The hedge we used to combine with each plant family is:

(food and beverage[majr]) OR (Nutritional Physiological Phenomena[majr]) OR (nutrition disorders[majr]) OR (food industry[majr])

The number of citations goes from Fabaceae (6747 articles) to Clusiaceae (85 articles).

Fabaceae
Beans, peanuts

Brassicaceae
Cabbage, broccoli, kale

Rosaceae
Many common edibles — Apples, peaches, strawberries, almonds

Poaceae
Grains — Wheat, rice, corn

Solanaceae
Potatoes, tomatoes, peppers

Liliaceae
Onions, garlic, asparagus

Sterculiaceae
Chocolate, kola nuts

Rutaceae
Citrus — Oranges, lemons, grapefruit

Lamiaceae
Mint, rosemary, thyme

Theaceae
Tea

Lauraceae
Avocado, cinnamon

Rubiacae
Coffee

Rubiacae
Mango, cashew nut, pistachio nut

Zingiberaceae
Ginger, turmeric, cardamom

Juglandaceae
Walnut, hickory, pecan

Betulaceae
Hazelnut

Clusiaceae
Mangosteen: “The most delicious fruit on Earth”